

AMENDMENTS TO THE CLAIMS

1. (Currently Amended) A reciprocating foot pedal exerciser for stepping, walking, jogging and running in place, enabling automatically variable length strides of the person using the exerciser, comprising:

a pair of foot pedals for receiving user foot action at a substantially constant forward step-down position on the exerciser;

support means for guiding said foot pedals in primarily back and forth strokes variable rearwardly from said forward step-down position and

means for returning said foot pedals to said forward step-down position at the end of each stride independently of stride length.

2. (Currently Amended) The exerciser of claim 1 wherein said means for returning cyclically returns the rearmost one of said foot pedal pedals to a said forward step down position using step-down energy imparted by said person to the other foot pedal.

3. (Original) The exerciser in accordance with claim 1 wherein said means for returning includes fluid means.

4. (Currently amended) The exerciser in accordance with claim 1 wherein said means for returning comprises ~~springs~~ spring means.

5. (Canceled)

6. (Original) The exerciser according to claim 1 further including speed regulating means to control rearward motion of said foot pedals.

7. (Original) The exerciser according to claim 6 wherein said regulating means comprises spring and damper means.

8. (Original) The exerciser according to claim 6 wherein said regulating means comprises rotary resistance means.

9. (Original) The exerciser according to claim 6 wherein said regulating means comprises fluid means.

10. (Original) The exerciser according to claim 1 further including motorized speed regulating means to control rearward motion of said foot pedals.
11. (Original) The exerciser according to claim 10 wherein said regulating means comprises frictional drive means interconnecting said motorized means and said foot pedals.
12. (Original) The exerciser according to claim 10 wherein said regulating means comprises fluid pumping means interconnecting said motorized means and said foot pedals.
13. (Original) The exerciser according to claim 10 further comprising:
- sensor means to sense the user's foot force rearward or forward on said foot pedal and;
- control means to receive a signal from said sensor means and to vary the speed of said motorized speed regulating means in response to said foot force.
14. (Previously Amended) The exerciser according to claim 1 further including foot pedal braking means to brake forward motion of said foot pedal when said user is standing on said foot pedal.
15. (Original) The exerciser according to claim 1 further including cushion means integral with said foot pedals or said support means to cushion the user's step-down on said foot pedal.
16. (Canceled)
17. (Previously added) The exerciser according to claim 1 wherein said means for returning employs stride energy.
18. (Previously added) The exerciser of claim 1 wherein said means for returning employs energy sources external to a user.
19. (Previously added) The exerciser of claim 1 wherein said means for returning employs stored energy from a plurality of sources.
20. (Previously added) The exerciser of claim 18 wherein said external energy sources include fluid power means.

B, 21. (New) The exerciser of claim 2 having pedal arresting means;

energy conversion means and

energy storage means to recuperate energy of returning said foot pedals.
